Food Presentations

Food is one of the most important parts of any culture. Indeed, one of your most

interesting experiences living abroad will be learning about the culture through

their cuisine. To prepare you for this experience, Mrs. Sulkey, a gastronomically

gifted Talbot, will introduce you to your country’s cuisine. To get ready for Mrs.

Sulkey, please research the following topics. Answer these questions with

complete sentences and upload to the Wiki when you are finished.---M.H.

1. What foods are commonly eaten? Russians use many foods that can be grown in a cold climates like grains, root vegetables, and cabbage. Russians also eat a lot of bread (perhaps 3 to 4 loaves a day.)

2. What does a typical breakfast consist of? Lunch? Dinner? At what times are

these meals eaten? Breakfast (zavtrak) is eaten in the morning. It is usually very light, sometimes consisting of only ham and cheese on bread with coffee or tea, but sometimes it can consist of pancakes, omelets, and sandwiches.

Brunch (Lanch) is eaten between breakfast and lunch. Vegetable salad and sandwiches are eaten.

Lunch (Obed) is the largest meal of the day. It is usually eaten between 2 and 3 PM. It consists of soup, then a meat or fish with many vegetables, then dessert and fruit.

Dinner is much smaller than obed and is only a small plate of meat, bread, and vegetables. It is the last meal of the day.

3. What are some (at least two) famous recipes from your country? Salat Olivier (Russian Salad)

Bliny (Russian Pancakes)

4. What are some foods from this country that are commonly eaten in your country? Are the foods prepared differently here than in this country? One food is salad. In Russia, they make the salad with potatoes, pickles, bologna, and mayonnaise. Traditionally in America, we do not put those items in our salads.

5. What is your personal opinion of this country’s food? What looks appetizing? It looks sort of like American food, just a little different. I think the Sharlotka (Apple cake) looks delicious.

What looks repulsive? How do you think you are going to do eating this food every

day? I think Cabbage Pirozhki looks repulsive. I don't think I would be able to eat this every day.

6. Create your group’s visual. This could be a posterboard, a Powerpoint, or a

Glogster, for example.